

MATH SPRINTS FOR 6TH GRADE

math sprints for 6th grade are an engaging and effective way to boost students' math skills through rapid-fire problem-solving exercises. Designed to challenge and motivate learners, math sprints help 6th graders develop quick thinking, improve their computational skills, and foster a positive attitude toward mathematics. Whether used in classroom settings, after-school programs, or homeschooling environments, math sprints are versatile tools that make learning math both fun and educational. In this comprehensive guide, we will explore the concept of math sprints tailored specifically for 6th-grade students. From understanding their benefits to practical implementation tips and sample activities, you'll find everything you need to incorporate math sprints into your educational routines.

What Are Math Sprints?

Definition and Purpose

Math sprints are structured, timed activities where students solve a series of math problems as quickly and accurately as possible. The primary goal is to build fluency in basic operations such as addition, subtraction, multiplication, and division, as well as to strengthen problem-solving skills. For 6th graders, math sprints often include a combination of computational problems, word problems, and logical puzzles.

Benefits of Math Sprints for 6th Graders

Implementing math sprints offers multiple advantages:

- Enhances Speed and Accuracy: Regular practice helps students perform calculations faster with fewer errors.
- Builds Confidence: Achieving success in timed activities boosts self-esteem in math.
- Develops Competitive Spirit: Friendly competition encourages students to improve their skills.
- Prepares for Standardized Tests: Fast recall of math facts improves test performance.
- Encourages Critical Thinking: Some sprints include challenging problems that foster reasoning.

Key Components of Effective Math Sprints

Difficulty Level and Content

For 6th graders, math sprints should be tailored to their curriculum level. Focus on:

- Whole number operations
- Fractions and decimals
- Ratios and proportions
- Basic algebra concepts
- Geometry fundamentals

Including a mix of problems ensures well-rounded skill development.

Time Limit

Typically, each sprint lasts between 1 to 3 minutes, depending on the complexity of the problems. Shorter sprints emphasize speed, while slightly longer ones allow for more thoughtful problem-solving.

Problem Types

Incorporate various question formats: - Multiple-choice questions for quick responses - Short answer problems for computational practice - Word problems to enhance application skills - Puzzles and logic challenges for critical thinking

Scoring and Rewards

Establish clear scoring criteria to motivate students: - Correct answers earn points - Bonus points for speed or accuracy streaks - Rewards like stickers, certificates, or classroom privileges encourage participation

Implementing Math Sprints in the Classroom

Preparation Tips

- Curate a diverse set of problems appropriate for 6th-grade level. - Use digital tools or printable worksheets. - Prepare timers or stopwatch apps for precise timing. - Organize materials to facilitate smooth transitions between activities.

Sample Schedule for a Math Sprint Session

1. Introduction (5 minutes): Explain the activity, rules, and scoring. 2. Warm-up (5 minutes): Quick mental math exercises to get students engaged. 3. Main Sprint (10-15 minutes): Conduct several timed sprints with short breaks in between. 4. Review and Reflection (10 minutes): Discuss common mistakes, strategies, and celebrate achievements.

Engaging Students and Maintaining Motivation

- Use friendly competitions like class-wide leaderboards. - Encourage peer support and teamwork. - Vary problem types to sustain interest. - Celebrate progress, not just scores.

Sample Math Sprint Activities for 6th Grade

1. Basic Operations Speed Round

Solve 20 problems involving addition, subtraction, multiplication, and division within 2 minutes. Example Problems: - $345 + 678$ - 9×76 - $144 \div 12$ - $567 - 234$

2. Fractions and Decimals Challenge

Convert or compare fractions and decimals quickly. Example Problems: - Convert 0.75 to a fraction. - Which is larger: $\frac{3}{4}$ or 0.8? - Simplify $\frac{18}{24}$.

3. Word Problem Sprint

Solve 10 word problems that require critical thinking and application of operations.

Example: Sara has $\frac{3}{4}$ of a yard of ribbon. She uses $\frac{1}{2}$ of it for a craft. How much ribbon is left?

4. Geometry and Measurement Quiz

Identify shapes, calculate perimeter, or find area. Example: - Find the area of a rectangle with length 12 cm and width 5 cm. - Name the shape with 4 equal sides and 4 right angles.

5. Logical Reasoning Puzzles

Engage students' critical thinking with puzzles like Sudoku or pattern recognition.

Integrating Technology into Math Sprints

Digital Tools and Apps

Using technology can make math sprints more interactive: - Online Quiz Platforms: Kahoot!, Quizizz, or Socrative allow real-time competition. - Math Websites: Math Playground, Cool Math 4 Kids, or IXL offer timed quizzes. - Timer Apps: Use digital timers to keep track of sprint durations.

Benefits of Tech Integration

- Immediate feedback helps students learn from mistakes. - Leaderboards motivate friendly competition. - Easy to track progress over time.

Assessing and Tracking Progress

Regularly evaluate student performance to tailor sprints effectively: - Maintain records of scores and improvement over time. - Use data to identify areas needing reinforcement. - Celebrate milestones to foster motivation.

Tips for Parents and Homeschool Educators

- Incorporate weekly math sprints into routines. - Use printable worksheets or digital quizzes for variety. - Encourage students to set personal goals. - Provide positive

reinforcement and celebrate effort.

Conclusion

Math sprints for 6th grade are a dynamic and enjoyable way to enhance mathematical fluency, critical thinking, and confidence. By incorporating timed activities, diverse problem types, and engaging formats, educators and parents can create a stimulating environment that encourages students to excel. When implemented thoughtfully, math sprints not only improve computational speed but also foster a lifelong love for mathematics. Start small, celebrate progress, and watch your 6th graders develop into confident, skilled mathematicians ready to tackle more advanced concepts with ease.

Math Sprints for 6th Grade: Boosting Skills Through Fun, Focused Practice

Introduction

Math sprints for 6th grade have become an increasingly popular tool for educators and students alike. Designed as rapid-fire exercises that challenge students to solve problems quickly and accurately, these sprints aim to sharpen mental math skills, enhance problem-solving abilities, and build confidence—all while keeping the learning process engaging. As students transition into middle school, mastering foundational math concepts is essential, and math sprints offer an innovative way to reinforce learning in a lively, supportive environment. In this article, we will explore what math sprints are, their benefits, how they are structured, and practical tips for implementing them effectively in the classroom or at home.

What Are Math Sprints?

Definition and Purpose

Math sprints are timed, focused exercises where students race against the clock to solve a series of math problems. The goal is not only to complete the problems accurately but also to do so efficiently, fostering quick mental calculations and strategic thinking. Typically lasting from 1 to 5 minutes, math sprints challenge students to think fast while maintaining accuracy, helping develop their fluency with key mathematical operations.

How They Differ From Traditional Practice

Unlike standard homework or classroom worksheets that might encourage slow, deliberate problem-solving, math sprints emphasize speed and mental agility. They are often used as warm-ups, formative assessments, or engaging review activities. The competitive element, whether against oneself or peers, adds an extra layer of motivation, making math practice feel less like a chore and more like a game.

The Benefits of Math Sprints for 6th Graders

1. Enhances Mental Math Fluency

By regularly practicing math sprints, students become more comfortable performing calculations mentally. This fluency reduces reliance on calculators and helps them understand number relationships better, which is crucial for tackling complex problems later on.

1. Builds Confidence and Reduces Math Anxiety

Timed exercises can initially seem intimidating, but as students improve, they often experience a sense of accomplishment. Success in sprints fosters confidence, encouraging a positive attitude toward math and reducing anxiety.

1. Improves Problem-Solving Speed and Accuracy

Fast-paced practice trains students to recognize patterns, choose appropriate strategies quickly, and avoid common pitfalls—all skills that are invaluable in timed tests and real-world math applications.

1. Reinforces Key 6th Grade Concepts

Math sprints can be tailored to focus on specific topics such as fractions, decimals, ratios, proportions, or basic algebra. This targeted practice helps solidify understanding of critical concepts needed for success in middle school.

1. Promotes Active Engagement and Motivation

The competitive and game-like nature of sprints keeps students actively involved. Incorporating elements like leaderboards or rewards can motivate students to improve their skills and enjoy the learning process.

Structuring Effective Math Sprints for 6th Graders

Choosing Appropriate Content

To maximize effectiveness, math sprints should align with the curriculum and students' current skill levels. Here are some key topics suitable for 6th graders:

1. Whole number operations: addition, subtraction, multiplication, division
2. Fractions and decimals: conversions, comparisons, operations
3. Ratios and proportions
4. Percentages
5. Basic algebra: solving for unknowns, evaluating expressions
6. Number patterns and sequences
7. Prime factorization and multiples

Designing the Sprint Format

A successful math sprint balances challenge with accessibility. Here are steps to design an effective sprint:

1. Set Clear Goals: Decide whether the sprint targets a specific skill or a mix of topics.
2. Determine the Duration: Typically 1-3 minutes to maintain high energy and focus.
3. Create a Set of Problems: Include 10-20 questions, varying in difficulty.
4. Decide on Rules: For example, students can skip problems and return later, or must answer each question in order.
5. Incorporate Time Tracking: Use timers or stopwatch apps to monitor how quickly students solve the problems.

Example Structure

1. Introduction (2 minutes): Briefly explain the rules and objectives.
2. Sprint (2-3 minutes): Students work independently to solve problems.
3. Debrief (5 minutes): Review answers, discuss common mistakes, and celebrate improvements.

Tips for Implementing Math Sprints Effectively

1. Start with Low-Stakes Practice

Initially, focus on building a positive experience rather than competition. Emphasize personal progress and understanding over speed.

1. Differentiate According to Skill Level

Adjust problem difficulty and timing based on individual student needs. Providing challenges for advanced students and support for those who need it helps maintain engagement.

1. Use Technology and Resources

Utilize digital tools and apps that facilitate timed quizzes, such as:

1. Online math games with sprint features
2. Interactive quizzes on platforms like Kahoot or Quizizz
3. Math apps designed for mental math practice

1. Incorporate Reflection and Goal-Setting

Encourage students to reflect on their performance, set goals for improvement, and track their progress over time. This fosters ownership of learning.

1. Make It Competitive and Fun

Create a friendly environment with leaderboards, badges, or rewards. Celebrate both effort and achievement to motivate continued participation.

Practical Ideas for Math Sprints in the Classroom and at Home

Classroom Ideas

1. Daily Warm-Up: Use a 2-minute sprint as a daily starter activity.
2. Weekly Challenges: Host friendly competitions to see who can improve their speed.
3. Group Sprints: Have teams work together to solve problems, promoting collaboration.
4. Incorporate Technology: Use tablets or computers for instant feedback and tracking.

Home Practice

1. Parent-Child Challenges: Parents can set timers and challenge their children to beat their previous scores.
2. Online Resources: Encourage students to practice on websites offering timed quizzes.
3. Printable Worksheets: Create or find printable sprints focusing on current topics.
4. Reward Progress: Celebrate improvements with certificates or small prizes.

Challenges and Considerations

While math sprints are highly beneficial, there are some considerations to keep in mind:

1. Avoid Overemphasis on Speed: Ensure students understand that accuracy is paramount; speed should be a goal, not a source of stress.
2. Prevent Burnout: Keep practice sessions short and enjoyable.
3. Differentiate for All Learners: Not all students will excel at rapid-fire tasks; provide support and alternative activities.
4. Balance with Other Learning Methods: Use sprints as part of a balanced math program that includes problem-solving, hands-on activities, and discussions.

The Future of Math Sprints

As educational technology evolves, the integration of interactive, adaptive math sprints will likely become more prevalent. Personalized platforms can adjust difficulty levels in real-time, providing immediate feedback and tailored challenges. Virtual classrooms can leverage online leaderboards and gamification to engage students worldwide. Moreover, data collected from sprints can inform instruction, highlighting areas where students need further support.

Conclusion

Math sprints for 6th grade represent a dynamic and effective way to reinforce essential mathematical skills while fostering a love for learning. By encouraging quick thinking, accuracy, and confidence, these exercises prepare students for the more complex challenges of middle school and beyond. Whether used as warm-ups, review activities, or competitive challenges, math sprints bring energy and excitement into math education. When thoughtfully implemented, they can transform the way students perceive and engage with math—turning practice into a fun, motivating, and powerful learning experience.

The first time many readers come across ***Math Sprints For 6th Grade***, it is rarely by

accident. Often, it starts with a small moment of uncertainty—a question that cannot be answered quickly, a task that requires deeper understanding, or a topic that refuses to be ignored.

At first, the intention may be simple. Read a few pages, find a specific answer, then move on. But as the content unfolds, the purpose often changes. One chapter leads naturally to another, and what began as a short search becomes a longer, more thoughtful engagement.

Having ***Math Sprints For 6th Grade*** available in PDF format makes this shift possible. There is no pressure to rush. The book waits quietly, ready to be opened whenever time allows. Readers can pause, return later, and continue without losing their place or their focus.

Reading begins to fit into everyday life. A few pages in the early morning, a bookmarked section revisited in the afternoon, or a highlighted paragraph reviewed at night. These small moments add up, shaping understanding gradually rather than all at once.

The structure of the text provides comfort. Familiar page layouts, consistent headings, and clear sections create a sense of orientation. Over time, readers remember not just the ideas, but where they found them.

Annotations become personal markers of thought. A highlighted sentence reflects agreement, while a note in the margin captures a question or insight. When readers return weeks later, they are greeted by traces of their earlier thinking, creating a quiet conversation across time.

Search tools add a practical layer to this experience. Instead of starting from the beginning again, readers can jump directly to the idea they need. This turns the book into a resource that grows in usefulness rather than fading after the first reading.

Trust also plays a role. Knowing that ***Math Sprints For 6th Grade*** comes from a legitimate and reliable source allows readers to engage without hesitation. There is reassurance in focusing on meaning rather than questioning authenticity.

For students, this format offers stability. Exam preparation becomes less frantic when material is always accessible. Concepts can be revisited calmly, reinforcing understanding through repetition rather than pressure.

Professionals often experience a different kind of value. Sections that once seemed theoretical gain relevance when applied to real situations. The book becomes something

to consult, not just something that was read.

Independent learners appreciate the freedom. There is no schedule to follow, no external expectation. Progress happens at a personal pace, guided by curiosity and need.

Over time, readers notice subtle changes. Ideas from **Math Sprints For 6th Grade** begin to influence how they think, speak, or approach problems. The learning extends beyond the page into daily decisions.

Accessibility features ensure that this experience is not limited to one type of reader. Adjustable text sizes and supportive tools make engagement more comfortable for diverse needs.

Organization adds another layer of ease. The file remains stored, searchable, and ready. Even after long breaks, returning feels natural rather than overwhelming.

What stands out most is how the relationship with the book evolves. It is no longer just something that was downloaded. It becomes familiar, reliable, and quietly useful.

Each return to **Math Sprints For 6th Grade** brings something slightly different. New insights appear, previous questions find answers, and understanding deepens without announcement.

In this way, reading becomes less about finishing and more about revisiting. The value lies in the continuity, in knowing that the material is always there when reflection calls for it.

This ongoing presence turns learning into a long-term companion rather than a temporary task—one that adapts, supports, and remains relevant as the reader grows.

Questions & Answers About math sprints for 6th grade

No	Question	Answer
1	What are math sprints for 6th grade?	Math sprints for 6th grade are quick, timed activities designed to improve speed and accuracy in solving math problems, often focusing on topics like fractions, decimals, and basic algebra.
2	How can math sprints help 6th grade students?	Math sprints help students build fluency, boost confidence, and develop quick problem-solving skills, which are essential for mastering more advanced math concepts.

3	What types of problems are included in 6th grade math sprints?	Problems typically include calculations with fractions and decimals, ratios, percentages, basic algebra, and number operations suitable for 6th grade level.
4	How often should 6th graders practice math sprints?	It's recommended to practice math sprints 2-3 times a week to improve speed without sacrificing accuracy and to keep students engaged and challenged.
5	Are math sprints suitable for all learning styles?	Yes, math sprints can be adapted for visual, auditory, or kinesthetic learners by incorporating different formats like paper-based, digital, or interactive activities.
6	What are some popular tools or platforms for 6th grade math sprints?	Popular options include online platforms like Kahoot, Mathletics, Prodigy, and printable worksheets that allow students to practice timed math problems.
7	How can teachers use math sprints to assess student progress?	Teachers can track students' speed and accuracy during sprints to identify areas needing improvement and tailor instruction accordingly.
8	What are some fun strategies to motivate 6th graders during math sprints?	Using rewards, friendly competitions, leaderboards, and setting personal goals can motivate students to participate enthusiastically.
9	Can math sprints help prepare 6th graders for standardized tests?	Yes, practicing math sprints can enhance students' quick problem-solving abilities and time management skills, which are valuable during standardized tests.
10	How can parents support their child's practice of math sprints at home?	Parents can encourage regular practice, provide access to online resources, create a fun and pressure-free environment, and celebrate progress to boost confidence.

6th grade math activities, math challenge for middle school, math competitions for grade 6, quick math drills, math problem sets for 6th grade, math speed tests, grade 6 math puzzles, math practice worksheets, math relay races, math enrichment for sixth graders

Math Sprints For 6th Grade eBook Resource

Math Sprints For 6th Grade eBooks provide structured digital knowledge.

Core Discussion

Digital books help readers maintain productivity.

Practical Use

Math Sprints For 6th Grade eBooks support consistent study routines.

Conclusion

Digital reading improves access to information.

Math Sprints For 6th Grade eBooks help learners manage complex information.

Math Sprints For 6th Grade eBooks are widely used for independent learning and long-term reference, allowing readers to access structured information without physical limitations. Digital formats support consistent knowledge acquisition across various learning environments.

Math Sprints For 6th Grade eBooks align with contemporary reading habits by supporting short, focused study sessions.

Organizations adopt Math Sprints For 6th Grade eBooks to reduce training costs.

They adapt to changing consumption patterns.

This autonomy encourages deeper understanding and reduces learning-related stress.

Digital libraries replace bulky collections while preserving accessibility.

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Readers can easily search within Math Sprints For 6th Grade eBooks, reducing time spent

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This autonomy encourages deeper understanding and reduces learning-related stress.

Math Sprints For 6th Grade eBooks help learners organize complex ideas.

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Math Sprints For 6th Grade eBooks encourage methodical learning approaches.

The accessibility of Math Sprints For 6th Grade eBooks supports lifelong learning by making knowledge available to users at any stage of their personal or professional development.

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Quick access to organized material improves decision-making efficiency.

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Ultimately, Math Sprints For 6th Grade eBooks offer an efficient, scalable, and flexible approach to continuous learning.

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Structured chapters promote steady progress.

Repeated exposure reinforces mastery.

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Sharing Math Sprints For 6th Grade with others can be a positive way to spread knowledge, encourage learning, and build communities around shared interests. However, responsible and legal sharing is essential to respect copyright laws and support the authors and publishers who create valuable content. Understanding what can and cannot be shared helps prevent legal issues and ensures ethical use of digital materials.

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Beyond legal requirements, ethical considerations play an important role. Sharing unauthorized copies can harm authors and publishers by reducing potential income and discouraging future content creation. Supporting legal distribution ensures that high-quality Math Sprints For 6th Grade materials continue to be produced and updated. Ethical sharing builds trust and sustainability within reading and learning communities.

Finding Reviews

Reading reviews is one of the most effective ways to choose the best edition of Math Sprints For 6th Grade. With many versions, formats, and publishers available, reviews help readers avoid low-quality or poorly formatted editions and focus on content that meets their expectations.

Online bookstores often feature customer reviews and ratings that provide insights into readability, formatting quality, and overall satisfaction. Paying attention to detailed reviews can reveal common issues such as missing pages, poor editing, or compatibility problems with certain devices. Reviews that mention specific strengths or weaknesses are especially useful when selecting a digital version of Math Sprints For 6th Grade.

Community-driven platforms such as Goodreads, Reddit, and specialized forums offer additional perspectives. These communities allow readers to discuss content in depth, compare editions, and share personal experiences. Recommendations from experienced readers or subject-matter enthusiasts can be particularly valuable when choosing educational or technical Math Sprints For 6th Grade materials.

Professional reviews from blogs, academic journals, or reputable websites can also provide objective evaluations. These reviews often focus on content accuracy, relevance, and usefulness, making them helpful for students and professionals who rely on reliable information.

Evaluating review credibility

Not all reviews carry the same level of reliability. When reading reviews, consider the reviewer's background, level of detail, and consistency with other feedback. Multiple reviews highlighting similar strengths or weaknesses usually indicate a genuine pattern. Avoid relying solely on extreme opinions and instead look for balanced assessments that discuss both pros and cons of the Math Sprints For 6th Grade edition.

Using Audiobooks

Audiobooks offer an alternative way to experience Math Sprints For 6th Grade content and are increasingly popular among modern readers. Instead of reading text, users listen to narrated versions, allowing them to engage with content while performing other tasks. Audiobooks are especially useful during commuting, exercising, or completing routine activities.

Platforms such as Audible, Google Audiobooks, Apple Books, and Scribd offer professionally narrated audiobooks of many Math Sprints For 6th Grade titles. These versions often feature high-quality narration, clear pronunciation, and structured pacing that enhances understanding. Some audiobooks also include chapter navigation,

bookmarks, and playback speed controls for added convenience.

For public domain works, platforms like LibriVox provide free audiobooks narrated by volunteers. While narration quality may vary, LibriVox remains a valuable resource for accessing classic or open-access versions of Math Sprints For 6th Grade without cost. Listening to samples before committing to a full audiobook can help ensure a comfortable listening experience.

Audiobooks are particularly beneficial for auditory learners or individuals with visual impairments. They also help reduce screen time, making them a healthy alternative for extended content consumption. However, audiobooks may not be ideal for detailed study that requires frequent referencing, highlighting, or visual analysis.

Combining audiobooks with text

Many readers find value in combining audiobooks with digital or printed text. Listening while following along in the text can improve comprehension and retention. Others use audiobooks for initial exposure and then refer to the text version of Math Sprints For 6th Grade for deeper study. This multi-format approach maximizes flexibility and learning efficiency.

Tracking Progress

Tracking reading progress is a powerful way to stay motivated and organized when engaging with Math Sprints For 6th Grade. Monitoring progress helps readers set goals, manage time effectively, and reflect on what they have learned. Whether reading for leisure, study, or professional development, tracking tools enhance accountability and consistency.

Apps such as Goodreads, StoryGraph, and LibraryThing allow users to log books, track reading status, write reviews, and set annual or monthly reading goals. These platforms also offer personalized recommendations based on reading history, making it easier to discover related Math Sprints For 6th Grade materials.

For readers who prefer a more customized approach, spreadsheets or note-taking apps can serve as effective tracking tools. Creating a simple reading log that includes dates, chapters completed, key notes, and personal reflections helps organize learning and maintain focus. Digital notes can be linked directly to highlighted sections within Math Sprints For 6th Grade for easy reference.

Using tracking for study and research

For academic or professional purposes, tracking progress goes beyond simple completion. Recording insights, questions, and references while reading Math Sprints For

6th Grade creates a structured knowledge base that can be revisited later. This approach supports deeper understanding and improves long-term retention of information.

Tracking tools also help identify patterns in reading habits, such as preferred formats or optimal reading times. Understanding these patterns allows readers to adjust their routines for better productivity and enjoyment.

Community engagement and motivation

Sharing progress within reading communities can increase motivation and accountability. Many platforms allow users to join reading challenges, discussion groups, or book clubs centered around specific topics or genres. Engaging with others who are also reading Math Sprints For 6th Grade fosters discussion, insight exchange, and a sense of shared purpose.

However, sharing progress should always respect privacy preferences. Users can choose what information to make public and what to keep personal. Balanced participation ensures that tracking remains a supportive tool rather than a source of pressure.

Final thoughts on sharing and managing Math Sprints For 6th Grade

Responsible sharing, informed selection, and effective tracking are key aspects of enjoying Math Sprints For 6th Grade in the digital age. By respecting copyright, relying on trusted reviews, exploring audiobooks, and monitoring reading progress, readers can create a well-rounded and ethical reading experience. These practices not only enhance personal understanding but also contribute to a sustainable and supportive reading ecosystem built around high-quality Math Sprints For 6th Grade content.